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Development of Korean traditional diet (HANSIK) education program to increase hansik consumption and prevent metabolic syndrome in children and adolescents

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The typical Korean diet (Hansik) is a low-fat diet with abundant plant foods including a variety of vegetables and Korean fermented cabbage (Kimchi), which has been known as a healthy diet that could reduce cardiovascular disease and improve blood lipids level. Therefore, the aim of study was to develop the hansik education program to increase the hansik's intake for children and adolescents. To develop the hansik education program, we assessed needs for the program in school dietitians as well as children and adolescents according to the education level. A total of 2,858 children and adolescents (elementary school 30.1%; middle school 34.8%; high school 35.1%) and were recruited in 2015 and 2016 in Gyunggi and Jeonbuk areas, South Korea and questionnaires were conducted by self-administration. School dietitians (n=221; elementary school 38.9%; middle school 34.4%; high school 26.7%) were participated in an online survey. There were significant differences in a nutritional education experience relating to hansik and preference for the hansik education program composition by the education level ($p<0.001$). Based on the needs of students and school dietitians by the education level, hansik education program consisted of three parts; understanding hansik diet-improved awareness of hansik and its components, healthy eating habits-balanced food intake and proper serving sizes and hansik cooking classes. In conclusion, hansik education program was developed with consideration of needs and differences among the education levels. Further studies are ongoing to evaluate the program's effect on the increase of hansik consumption and the preventive effect on metabolic syndrome.

Biography

Young Kim has studied about the Korean traditional food culture as well as agricultural foods and their processing over 20 years at National Institute of Agricultural Sciences, RDA in South Korea. She is a Senior Researcher of Department of Agrofood Resources, RDA. She has recently published several books and papers related to Korean traditional diet called hansik and foods of a main family, *Jongga* that can trace its line of progenitors back to a single distinguished ancestor.

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